

Cooking Instructions for Pickup Meal Packs

Storage: Store meals in your refrigerator or freezer as stated at the pickup location. The meals need to be stored within 4 hours of receiving the meals. DO NOT HEAT MEALS IN THE ALUMINUM TRAY IN THE MICROWAVE.

- Breakfast Items:
 - Mini Pancakes: Preheat Oven to 350 Degrees, bake for 9 to 10 minutes OR Microwave for 40 seconds
 - Honeybun: Leave at room temperature to thaw/place in refrigerator
 - Sausage Biscuits: Thaw, remove from plastic film and microwave each sandwich for 60 seconds on high.
 - French toast Sticks: Preheat oven to 350 degrees, bake for 10-11 minutes.
 - Sausage Breakfast Pizza: Preheat oven to 350 degrees, bake for 15-17 minutes.
 - Sausage Pancake on a Stick: Preheat oven to 350 degrees, bake for 10-11 minutes.
 - Mini Cinnis: Preheat oven to 350 degrees, bake in package for 11-13 minutes OR Microwave for 45 seconds.

- Lunch items:
 - **Chicken Patty**: Preheat oven to 400 degrees, bake for 20-30 minutes. Cooking times may vary depending on oven.
 - **Potato wedges**: Preheat oven to 400 degrees for, bake 24-28 minutes. Cooking times may vary depending on oven.
 - **Green Beans**: Microwave green beans in a microwavable safe bowl for 1-1.5 minutes.
 - **Pepperoni Pizza**: Preheat oven to 375 degrees. Place on pan on the center rack and bake for 9 to 11 minutes.
 - **Corn**: Heat 1 cup of drained kernels on high for 1 to 2 minutes.
 - **Hot Dogs**: Bring one quart of water to a boil. Add hotdogs and boil for 5 minutes. Microwave for 40 seconds.
 - **Potato Rounds**: Preheat the oven to 450, bake for 20-25 minutes.
 - **Baked Beans**: Place beans in a pan and heat to desired temperature **OR** microwave covered in microwave-safe dish for 1-1.5 minutes.
 - **Cheese Pizza**: Preheat oven to 375 degrees. Place on a pan on the center rack and bake for 9 to 11 minutes.

- Corn: Heat 1 cup of drained kernels on high for 1 to 2 minutes.
- Cod Nuggets: Preheat oven to 400 degrees, bake for 15 minutes.
- Hush Puppies: Preheat the oven to 400, bake for 7-9 minutes.
- Green Beans: Place beans in a pan and heat to desired temperature **OR** microwave covered in microwave-safe dish for 1-1.5 minutes.
- Chicken Bites: Preheat oven to 350 degrees. Bake for 9 to 11 minutes.
- Roasted Potatoes: Preheat oven to 375 degrees, cook for 13-18 minutes in a single layer on a greased sheet pan.
- Green Peas: Place in microwave safe bowl and microwave for 5 minutes.
- Hamburger: Preheat oven to 350 degrees, bake for 15-20 minutes.
- Steak Nuggets: Preheat oven to 375 degrees, bake for 20-25 minutes.
- Black eyes Peas: Place in a microwave safe bowl and microwave for 3 minutes.
- Sweet Potatoes: Place in a microwave safe bowl and microwave for 3 minutes.
- Fajita Chicken: Preheat oven to 350 degrees. Bake for 20 minutes.
- Seasoned Rice: Reheat to 165 degrees F.
- Pinto Beans: Place in microwave safe bowl and microwave for 5 minutes.
- Hamburger: Preheat oven to 350 degrees, bake for 15-20 minutes.
- Cheese Sticks: Preheat oven to 400 degrees, bake for 15-18 minutes.
- Potato Rounds: Preheat oven to 450 degrees, bake for 20-25 minutes.
- Broccoli: Add ½ cup of water and broccoli to sauce pan over medium heat. Steam until broccoli is crisp and bright green.

Here are the measures we are taking to make a safe food service for our MCS employees and students:

1. Health screenings each morning before starting work
2. Cloth face coverings are required at all times
3. Face shields worn during food preparation
4. Gloves worn during food preparation
5. Frequent hand washing according to CDC guidelines
6. Maintain 6 ft social distancing, kitchens and prep areas rearranged
7. Ensure safe food temps are maintained according to the Mad. Co. Health Department
8. All surfaces sanitized frequently according to CDC guidelines
9. All CNP staff will be **ServSafe Certified** (by August 7, 2020) on the CDC Guidelines for Food Service Establishments. **ServSafe** is an educational program developed by the **National Restaurant Association (NRA)**, whose goal is to educate food service workers on safe food handling practices.

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